

## Abstract

The Bachelor thesis deals with the evaluation of consumption of animal fat in patients with CVD and DM.

The theoretical part deals with the distribution of lipid, lipid metabolism, the quality of each animal fats, foods containing them and their cooking.

The practical part consists of a questionnaire study that tracks the incidence of animal fat and method of preparation in the diet of patients with CVD and DM. Data for this study were taken at III. Internal Medicine, 1st Faculty of Medicine.

## Keywords

Animal fats, nutrition, obesity risks